



STUDENT HANDOUT

Family Time Capsule

NAME _____
I'm filling this out on _____
(Today's date)

1. You wouldn't believe what I'm wearing today! Let me tell you in detail:

2. Here are the names of my closest friends (pets included):

3. Here are the names of my three favorite musical groups or singers:

4. This is what everyone is talking about at school (hot gossip):

5. I ate breakfast ____ times this week. ____ of those breakfasts were healthy breakfasts. (They had at least one serving from the Bread and Cereal group, at least one serving from the Fruit or Vegetable group, at least one serving from the Milk or Meat group and no more than one "sometimes" food.)

6. I stayed active this week by:

7. During the year, I will improve my eating habit or become more active by (check at least one eating habit and one physical activity habit.)

____ Eat breakfast every day.
____ Drinking more water to reach the goal of 48 ounces a day.

____ Eating healthy breakfasts most of the time.
____ Playing a sport like soccer or doing some other fun activity like riding my bike for at least 30 minutes at least five times a week.

8. I will try to overcome things
that may keep me from
reaching my goals
by: _____

**Reference: Breakfast Quest:
The Big Campaign.**

9. Here's the funniest thing that
has happened to me
lately: _____

10. Here are some personal notes
to myself (hopes, important
things going on in my life,
people in my life,
etc.): _____



Walking Your Way to Fitness

Want to lose fat, get fit and have more energy? Want to improve your blood pressure, blood sugar, blood cholesterol and reduce your risk of disease? Want to support *The Lewis and Clark Fitness Challenge* – just start putting one foot in front of the other!

1. Walk regularly.

The key to fitness is consistency. Start by picking a walk (or several small walks) that fits into your schedule – a walk to work, a walk to school, a walk at lunch, or a walk around the block. Make your walk a top priority – and aim for walking at least five days a week.

2. Walk 10,000 steps a day.

Studies show that 10,000 steps a day can help reduce stress, improve health, and lower disease risk. With an inexpensive pedometer (available at sport stores), it's fun to see how your steps add up. Visit www.peclogit.org/ for an online way to keep track of your steps.

3. Walk for transportation.

Using your legs instead of a car is one of the most efficient ways to fit fitness into your day. Try walking to the grocery store, the post office, or the restaurant. If walking all the way takes too long, park in a central location – then walk back and forth to your car.

4. Walk for fun.

Walking + friends or kids or dog = FUN. A daily walk can do double duty – as a daily dose of companionship with friends, a time to connect with family, or a way to keep your pets strong and healthy. It can also be a relaxing solo time to think or listen to music.

5. Walk outside.

In almost any weather, walking outside is possible with the right clothes and shoes. Look for safe sidewalks, country roads, and parks. Athletic fields are also fun to walk around. The ground is usually smooth – and watching a practice or game makes the time fly by.

6. Walk inside.

Remember, every step counts – every step around the house, around the office or around the mall. You can walk around the house during TV commercials; walk around the office during break time; and walk around the mall before or after a shopping trip.
